

# I am Human (Lesson Plan)

## Narwhals & Waterfalls

### Grade Level

PK-5th Grade

### Learning Objective

I can demonstrate solfege hand-signs & rhythm patterns.

I can demonstrate empathy.

### Demonstration of Learning

Given the "I am Human" music & xylophone, I can demonstrate solfege hand-signs and rhythm patterns.

Given "I am Human" book & meditations, I can demonstrate empathy.

### SEL Standards

Self-Awareness

Self-Management

Responsible Decision-Making

Relationship Skills

Social Awareness

### Music Concepts & Materials

-Solfege

-Kodaly/ Orff

-Xylophones

-"I am Human" Book

### • Greetings

- Hold up feelings chart and ask students how they're doing. If they'd like to share with the class, ask them to raise their hand! (Works for In-person & digital)

### • Introduction

- Tell students they're going to be learning about empathy today by reading a book called "I am Human"! Ask if they know what empathy means. Have a brief discussion.
- Empathy is the ability to recognize, understand, and share the thoughts and feelings of another person, animal, or fictional character.

### • Review Musical Concepts

- Practice Solfege & hand signs together by echo-singing low-do all the way up to high-do!
- With hand signs, practice the solfege pattern "So, Mi, Re, Do" by echo-singing. Then ask if students want to sing it individually.
- Next, add the words "I am Human" while still using hand signs. Let students know that everytime the book repeats the words "I am Human" that we will all sing the words while showing our hand signs.

### • Read "I am Human" to your students.

- Make sure all students are participating in singing "I am Human" with hand signs.



### • Groups-

- Group 1- Xylophones-Students play G, E, D, C as they sing "I am Human"
- Group 2-Xylophones-Students play chord (C & G notes) on half notes as they sing "I am Human"
- Group 3-Hand signs- So, Mi, Re, Do

### • Practice

- Before reading the entire book again, have each group practice their part. Make sure they remember that they're only performing when it's their turn and to be quiet when the other groups are performing.

### • Read & Perform

- Once you feel like students are mastering their parts, read the book outloud while prompting each group when it's their turn.

### • Switch groups

- If you have time, let students switch groups so they have a turn on all 3 parts.

### • Meditation

- Use one of our meditations to end class.



# Resources:

## Narwhals & Waterfalls

I am Human



I am Hu- man

SO Mi Re DO



I am Human



I am Hu- man



[Buy the book](#)

